

STRESS HAPPENS.

#UndeniableTruth is the antidote.

A Four Part Parent Workshop

Register for One or All Four

This 12-step roadmap is what every parent wished they had - how to help their child navigate stress. We can level up your child's stress management game without worrying about insurance, diagnosis, medication (or moving to Bali for a year long retreat). This is for any age!

YOUR CHILD WILL LOSE:

- Sleep Issues
- Lack of Energy
- Racing Mind
- Inability to Focus
- Impatience
- Uncontrollable Emotions
- Unproductive Behaviors

YOUR CHILD WILL GAIN:

- More Energy
- A Better Night's Sleep
- Better Relationships
- Memory Retention
- More Productivity
- Inner Peace During Chaos
- Their Spark

DATES & TOPICS:

MONDAY, OCTOBER 19, 7pm

Effects of Stress
Calming Strategies

THURSDAY, NOVEMBER 5, 7pm

Building Self-Esteem Skills

TUESDAY, NOVEMBER 17, 7pm

Helping Your Child Overcome Fear & Anxiety

THURSDAY, DECEMBER 3, 7pm

Building Stronger Connections in Your Home

MEET YOUR FACILITATOR:

Erica Cuni, LMFT, known as "The Burnout Professor" is a clinical therapist, Reiki master, mediation facilitator, graduate professor, and fellow burnout survivor. More at www.theburnoutprofessor.com



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All meetings held on Zoom

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